

evolve

by Jennifer M. Blair

GOING WITH THE FLOW

Do you experience ease and flow in your life? Are you at peace with where your life is, or do you constantly worry, try to force the answers or attempt to control everything that comes your way? Do you enjoy the rhythm of your life, or are you stressed out, worried, anxious and constantly on the go, even when you don't have to be?

Understanding your own natural rhythm, as well as the natural order of life, can bring not only more peaceful fluidity, but also moments of ecstasy and joy. Highs and lows convey recognition of what works, what does not work, and how to choose more discerning life solutions. Consider the ups and downs of your life path- I suspect there have been the happy, peak experiences as well as the lonely, confusing disappointments.

No one is immune to difficult circumstances such as a personal illness, a paralyzing ice storm, a financial set back, the ending of a relationship, a difficult co-worker or the deceit of another. But it is in those challenging moments when there are transformational opportunities to trust, evolve and come back even stronger than before.

Anne Morrow Lindbergh has written, "We have so little faith in the ebb and flow of life. We leap at the flow of the tide and resist in terror at its ebb. We are afraid it will never return, and insist on permanency, on duration, on continuity, when the only continuity possible in life is in growth, in fluidity, in freedom." Where does faith and freedom play a role in your life? Find your personal freedom by trusting yourself, following your creative energies, listening to your body, and surrounding yourself with advocates. Find a higher faith that will sustain, ground and instill hope that all will be well and work out in the end through the roller coaster ride of life.

Life continuing to happen and change is a certainty, so I encourage people to stop attempting to disrupt the natural flow of their lives. An exercise I use with my coaching clients involves examining their beliefs to see if they are empowering by moving them forward, or limiting by holding them back. By becoming aware of where they are stuck, they can start actively pursuing their own energetic flows to create more aliveness, connection, creativity and passion.

15 THINGS THAT KEEP US FROM "BEING IN THE FLOW" AND THOUGHTS ON TURNING IT AROUND:

Possible Limiting Beliefs to Let Go of:

Turn....
Fear
Prescriptive Expectations
Perfection
Controlling Behaviors
Mediocrity
Distracted Clutter
Judgment of self & others
Self-centeredness
Headstrong Reasoning
Drama
Anger
Guilt & Shame
Failure
Doing it Alone
Powerlessness

Empowering Thought to Create From:

Into...
Trusting Love
Possibilities & Openness
Boundaries & New Experiences
Relinquishing Outcomes & New Ways
Mastery
Beauty
Full Acceptance
Compassionate Connections
Fierce Intuition
Peaceful Purpose & Direction
Motivating Passion
Endless Gratitude & Respect
Resilient Learning Opportunities
Creative & Supportive Collaboration
Powerful Choices

Don't allow the spinning tales, made-up stories and unfounded fears hold you hostage in your life. Become consciously aware and be truthful about what is disrupting your life flow. Only then can you seek good intentions from the ebb and flow of what is given to you each and every day.

COACHING QUESTIONS TO CREATE FLOW AND FLUIDITY IN YOUR LIFE:

1. What is creating your reality today, and how is your fear paralyzing you? List EVERYTHING that scares you and ask yourself if is really true or not.
2. How have you withheld yourself from life?
3. From the above list, choose your biggest limiting belief; think about your behaviors associated with it and then consider the results. To turn it around, work backwards by asking, what is the desired result, the desired behavior and then create a new empowering principle.
4. Do you often choose to do it the hard way, or find ways to make it easy, light or playful?
5. What would a fluid life look like? Create your possibilities of a flowing vision for a day, a week, a month or even a year.

Jennifer is founder of Excavive Life Coaching in Louisville, KY. She has extensive training in the evolution of people; and her work focuses on life coaching, inspirational speaking, entrepreneurial consulting, writing, and occasionally teaching salsa dancing. Her website is www.excavive.com. Jennifer can be reached at jennifer@excavive.com or 502.893.9589.